

South Brunswick Senior Center

Monthly Newsletter / April 2022

A Note from Caryl Greenberg, Director

For the last two years, as the pandemic spread throughout the world and changed the ways we did almost everything, people talked a lot about 'a new normal'. Masking, social distancing, minimal contact, outdoor dining; all of these and more were things we thought we might have to do forever.

That's not the case anymore. Even as the pandemic changes to an endemic disease, and people are still affected by it, it definitely seems like we've put the worst behind us. Many were affected by COVID, some more so than others. At the same time, for many, things are starting to feel a lot like the 'old normal'.

It's time for some fun and inspiring events!

On **Tuesday, April 12th 11:00am** we have a program that is sure to delight and uplift your spirits. Whether you're a socialite or a social-light, descended from the House of Windsor or the House of Windex, Diane Uniman (also known as [Princess Von Brainisfried](#)) would love to see you smile! Come listen to tips on how to boost your happiness and positivity!

April is also National Poetry Month and is a marvelous opportunity to celebrate the expressiveness, delight and charm of poetry! Please join us for two very special programs in celebration of poetry!

On **Monday, April 4th at 1:30 PM** we will be hosting published author, Vivienne Munn as she leads us in a culturally rich program entitled 'Poetry around the World'. All are welcomed to participate and/or simply attend.

On **Thursday, April 21st 10:30 AM** please join published author and artist Coleen Schlaffer for poetry readings, a photography exhibit and an open mic to follow.

Details for these programs are on page 3.

We strive to offer a variety of programming that lends itself to lifelong learning, as well as making you laugh, keeping you fit and engaging your brain!

Parties are BACK!!

This month, **Joe Grillo**, sax man, returns to entertain us while we listen and dance to his jazz music. Munch on jambalaya, collard greens, mac & cheese or enjoy a vegetarian option. Top it off with delicious pie.

Please RSVP for this program and lunch by calling our office 732.329.4000 x 7670. Thursday, April 14th

Center Happenings

Adult Coloring- 1st Tuesday of the month 1:30pm Enjoy music, coloring, and making new friends. All materials provided.

Bingo- Mondays 10:00am Bingo is a \$1.00 fee. Purchase \$5.00 Bingo Pass in office. You can share your card with a friend. **Please purchase cards prior to game time.**

Book Club- Thursdays 10:00am Come join our weekly book club where we chat about literature and so much more! With the assistance of South Brunswick Library, a book is chosen for the group and we set a discussion date so members can read at their own pace. Recommendations on books are always welcomed by the group.

Braingames with Ram- Studies show that playing games may improve cognitive health in older adults. Join Ram for a variety of trivia and other Braingames. Every **Second and last Friday** of the month at **12:30 pm**

Ceramics- Thursdays 9:30am – 11:30am Each class is \$3.00 (class card is \$15.00) Cost includes glazes and kiln firing. Additional \$3.00 charge for firing x-large pieces. Firing takes place on the **third Thursday** of the month (or fourth Thurs. if there are five Thurs. in month).

MUST pick up pieces **last Thursday** of every month. Names or initials MUST be on every piece. **Coordinators:** Terry Doremus and Rose Marie Gianvito

Storytelling- Third Wednesday of the Month in place of Writing Away 1:30pm Come and tell us your story. Perhaps a reminiscence of childhood, a travel adventure, or an event you were a part of. Every life has stories to tell, and we want to hear yours.

This Month's Movies:

Superintelligence- Friday, April 1st 10:00am- A former corporate executive experiences a dramatic life change when the world's first super-intelligence begins to monitor her every move as it learns about humanity. 1H 46M

King Richard- Monday, April 25th 12:30pm- Based on the true story that will inspire the world, King Richard follows the journey of Richard Williams, an undeterred father raising two of the most gifted Tennis athletes of all time, Serena and Venus Williams. 2H 25M

Podcasts/TED Talk Discussion Group Mondays 1:30pm

Listen to a selected podcast or TED Talk independently followed by a group discussion.

April 11th : TED- How to make stress your friend (in honor of Stress Awareness Month)

April 18th : TED- How flags unite and divide us.

April 25th : PODCAST- This is your brain on love

What's On Your Mind? - We have a variety of topics during this discussion group plus trivia, fun facts, riddles, news stories, etc. **Fridays 1:30pm**

Writing Away- Wednesdays 1:30pm Friendly group that gathers to creatively write, read and share their work.

Special Events

Sign up is REQUIRED for these programs.

Please sign up with Jasmine at x 7670 or email jaynilia@sbtnj.net

Poetry Around The World- Monday, April 4th 12:30pm – April is National Poetry Month. Please join children's book author, Vivienne Munn, for an afternoon of poetry from varying cultures. All are welcomed to join in. If you'd like to present, please bring a short bio and written work of a poet that represents your family's heritage, a culture that speaks to you, or a poem that you wrote.

Family Feud with Right at Home Homecare- Tuesday, April 5th 11:00am- Please join us for a fun filled Family Feud game with Karen Downing. Right at Home provides live in and daily visiting home health care for your loved one without ever leaving the comfort of their own home.

Simple Strategies to Boost Happiness- Tuesday, April 12th 11:00am- In this humor-laced seminar you'll discover powerful strategies for living a more joyful life, whatever stage of life you're in. Learn how to boost your happiness, optimism, and positivity by applying breakthrough attitudes and simple, new happiness habits. Diane Young Uniman, aka Princess Diane von Brainisfried is a lawyer-turned certified positive psychology life coach author, and speaker. Diane's screenplays and musicals have won numerous awards and have been performed at Lincoln Center and Off-Broadway. Do not miss this dynamic program!

Repurposing with Art Lee- Tuesday, April 12th 1:30pm – Join Art lee in turning old things into new things. Friendly crowd and always fun!

Art Lee Garden Workshop- Wednesday, April 13th 10:30- Join Art Lee Master Gardener for garden tips. Spring is upon us... Are you ready?

Jazzfest with Joe Grillo- Thursday, April 14th 11:00am – 1:30pm- Join us for our first IN HOUSE party complete with meals since 2019!! Welcome back our Middlesex Meal Program and fantastic entertainer with his screamin Saxophone, JOE GRILLO!!!! FRIENDS will hold a 50/50 raffle too!! Get your dancing shoes ready we're gonna party!!

Crafts with Jill- Tuesday, April 19th Vase Painting and Tuesday, April 26th Birdhouse Making 1:30pm

National Poetry Month with Coleen Schlaffer- Thursday, April 21st 10:30am In celebration of National Poetry Month, Coleen Marks Schlaffer will present a reading from her two books of poetry, Writing Naked and Twin Passions, which also includes her photography. Coleen has explored many forms of art and writing and is a graduate of Rutgers University where she was fortunate to study with renowned poet, Alicia Ostriker. In pursuing her love of photography, she was able to take many courses and workshops at the International Center of Photography, NYC and has won several awards and has work in several corporate and many private collections. Open Mic to follow presentation.

Mosaics with Kathy- Thursday, April 21st & April 28th 1:30pm- Join Kathy for Mosaics small projects, materials supplied. If you have a small project that you'd like to cover in Mosaics bring it on in!

BINGO Sponsored by Artis Senior Living- Thursday, April 28th 10:00am-

Join Barbara Forshner, Director of Community Relations for EVERYONE'S favorite game BINGO! Artis Senior Living is generously sponsoring today's Bingo prizes. Artis Senior Living is a leading developer-owner-operator of Memory Care Assisted Living residences with a unique approach to person centered care for your loved one.

Suggested Programs

These programs have been suggested by center members, if you are interested in joining, teaching or leading any of the following programs please sign up on the interest sheets at the office window by **calling Jasmine at x 7670 or emailing jaynilia@sbtnj.net**

Card Games- Canasta, Pinnocle and Poker. Looking for teachers and players!!

Improv- is the form of theatre, often comedy, in which most or all of what is performed is unplanned or unscripted: created spontaneously by the performers.

Language Class: We have a teacher waiting in the wings! Able to teach Spanish, French and German. Sign up at the office. **Update**: **3 signed up for Spanish need 9 more**

Linedancing- Country and today's popular line dances. Nothin crazy just havin fun! All levels are welcome! **Update**: **2 signed up, looking for 6 more!**

Piano- We are in search of a Piano Teacher, please email cgreenbe@sbtnj.net

Senior Sing- Calling all crooners...there are others just like you who'd like to get together to sing.

Travel Club- Love to travel, want to share your stories and experiences with others or do you want to learn about different countries, cultures? This is the group for you!

Update: **2 signed up, looking for 4 more!!**

"FRIENDly" News

FRIENDS of South Brunswick Senior Center is a non-profit organization, operating within the Senior Center. FRIENDS supports many programs and events at the center, with utmost concern for safety and wellbeing of our seniors. Funds for FRIENDS organization come from annual membership, donations and fund raising activities.

Starting from the month of April, the following activities will resume/continue:

FRIENDS in-person Monthly meeting: 2nd Friday of the month at 10 AM

FRIENDS BINGO: following Friends Monthly meeting at 10:45 AM

IN-PERSON Bridge Tournament: 1st and 3rd Tuesdays of every month 12:00p – 2:30p

ONLINE BRIDGE Tournament: Thursdays at 10 AM

We all have been homebound for almost two years now! FRIENDS would like to welcome all of you back. FRIENDS is looking forward to plan many fun-filled and entertaining activities of your interest, in coming months. Please provide your input to help us.

Officers for FRIENDS are:

Co- Presidents- Satya Agarwal and Mohandas Hemrajani

Co- Vice Presidents- Lynn Brown and Geeta Balasubramania

Treasurer- JC Yang **Secretary**- Gina Seepurshad

Some officers may have their term expiring. We urge you to become a member (only \$5 per year) and volunteer to help us. Please call or text Satya Agarwal at 862-213-9889 or email at satya.agarwal@gmail.com

If you don't already have an application pick one up in the office-FRIEND!!

WANT TO ATTEND FITNESS CLASSES OR USE OUR GYM?

Medical Clearance by your Doctor is REQUIRED and needs renewal every 2 years
(Please see Jasmine to fax the form to your physician)

Sneakers and Proper attire are REQUIRED in both gyms.

Shoes must be changed before entering either gym during inclement weather.

***WORKOUT GYM REMAINS CLOSED AT THIS TIME* Masks are optional**

Fitness Class Cost

Fitness Classes are \$3.50 per class. Two payment options are available

10 Class Card for \$35.00 – Buys you any 10 classes of your choice. Repurchase when your card is full.

Monthly Class Card- Buys you Unlimited Classes (that month) of your choice for \$40.00. Repurchase at the beginning of every month.

Class Descriptions

(all classes can be modified to accommodate all fitness levels)

Body Sculpting – Mondays 11:00am & Fridays 10:30am

Total body exercise can accommodate everyone exercises can be done standing or seated. Stretching is done at the end and we finish with a one minute challenge.

BollyX- Tuesdays 11:00am

BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and smiling.

Chair Yoga- Thursdays 11:30am

Strengthens your muscles, improve your balance, reduce stress and open your heart through modified yogic postures, breath work, relaxation, and meditation. Chair Yoga classes incorporate mainly seated poses; some standing poses are also included, in which students can hold onto their chair for balance.

Drumdance: Monday, April 4th & 18th at 10:00am **FREE Please bring your own fitness ball!**

This new fitness trend combines drumsticks and an exercise ball creating one of the most fun workouts ever! Using the exercise ball and the floor as your drum, and we'll mix in some fun dance moves!

Drumming increases the heart rate and blood flow, resulting in an invigorating interval workout. It boosts the immune system, increases endorphins and activates those stress busting responses in your body!

Now & Zen- Fridays 2:30pm

Promotes total body restoration by incorporating a variety of holistic healing modalities to maximize controlled breathing, increase mindfulness and channel energy flow. Program will include Pranayama, breath work with stretching, guided meditation, chanting and Reiki. This class is done seated. **FREE**

Sweatin to the Oldies – Tuesdays 12:30pm

Class is done standing. Cardiovascular exercise using popular music mostly from the 50's, 60's and 70's.

Zumba- Wednesdays 10:00am

Dance & aerobic movements performed to energetic music. The choreography incorporates hip-hop, samba, salsa, merengue and mambo. Zumba routines incorporate interval training, alternating fast and slow rhythms — to help improve cardiovascular fitness.

Indoor Walking - Daily in the **Morning** 9:15a – 9:45a (music 50's 60's 70's)

Afternoons Monday, Tuesday, and Thursday 2:30p – 3:15p (no music) **No Reservations needed**

South Brunswick Wheels in Motion!!



Jersey Gardens Mall- April 20th- Departing Senior Center 10:15am SHARP
Jersey Gardens is a two-level indoor outlet mall in Elizabeth, New Jersey that hosts many upscale retail stores at outlet prices. LET'S SHOP!



Zimmerli Art Museum- May 18th

The Zimmerli is an active space filled with rich objects and fertile ideas drawn from both the past and the present, representing the myriad voices of diverse communities. Through collections, exhibitions, and programs, it reflects our ever-changing society, as well as the dynamic research taking place at Rutgers University.

Grounds For Sculpture- June 9th

Grounds for Sculpture is situated on 42 beautifully landscaped acres, and features an evolving collection of contemporary outdoor sculptures by well known and emerging American and International artists.



Just Added! Registration Opening Soon!



Point Pleasant Boardwalk- Tuesday, July 12th

Jenkinson's Boardwalk offers a wide range of fun and exciting activities for everyone! You'll never run out of things to do. Aquarium, Arcades, Sweet Shop and a warm sandy beach!

Raindate July 14th

For more information...

Stop by the Office Window and get your Trip Flyers today!

Schedule Your Bus Service Today!

Call 732-329-4000 x 7363 or stop by the Transportation Office to purchase your bus pass

Local Trips Wednesdays 10:30am

April 6- Walmart North Brunswick

April 13- East Brunswick Mall

April 20 – Plainsboro Plaza

April 27- Target – Lawrenceville

Club News

Senior Advisory Council – a 13 member board appointed by the Mayor and Township Council who discuss issues that impact the senior center. Everyone is welcome.

Township Liaison: Mayor Charlie Carley **Chair:** Coleen Schlaffer

Meeting: Thursday, April 7th 10:30am ~ All are welcome to attend, join us!

FRIENDS – Friends is a non-profit organization raising funds to promote and supplement the Senior Center activities as well as improve the lives of seniors. Dues: \$5.00/year (resident seniors). Membership forms are available at the office or on our website.

Co- Presidents: Satya Agarwal & Mohandas Hemrajani

Co- Vice Presidents: Lynne Brown & Geeta Balasubramanian

Meeting: Friday, April 8th 10:00am **FRIENDS BINGO- 10:45am**

Billiards Club- All welcomed to play daily. Tournaments are played home and away. Pool club membership is required for tournaments. There is a fee for Membership

Meeting: First Wednesday of the month at 11:00am

President: Ken Peabody kwpeabody@gmail.com or 732-991-4717

Bridge Club- Daily Bridge play. Friendly Duplicate tournaments are played.

Lessons- Wednesdays 10:00am with Lynne Brown

Tournaments: 1st & 3rd Tuesdays of the month at 12:00p- 2:30p (resumes in April)

Coordinator: Satya Agarwal satya.agarwal@gmail.com

Knit and Crochet Club- Supports organizations serving communities in crisis. Yarn donations are always appreciated! Newcomers are always welcomed!

Meets: Wednesdays 10:00am - 12:00pm. **Coordinators:** Ann Markey & Diane Duffy

Badminton- Keep your eye on the Birdie! Wednesdays 1:30 – 4:15 Equipment Provided.

Ping Pong- Group play with others! Equipment provided. Weekdays: 8:30am – 4:15pm

Mobile Library- SB Mobile Library is parked out front main entrance on **Tuesdays 11:45am – 12:30pm**

Donations: We gratefully accept monetary donations. All donations go to senior programs. Checks are payable to So. Brunswick Senior Center. "Tribute Cards" available \$15 per pack of ten. Donations are tax deductible.

We are always in need of new items for Bingo prizes and door prizes for our special events.



From the Desk of Dawn Neglia

Dawn Neglia, LSW -Social Worker- 732 329-4000 x7212 Email: dneglia@sbtnj.net

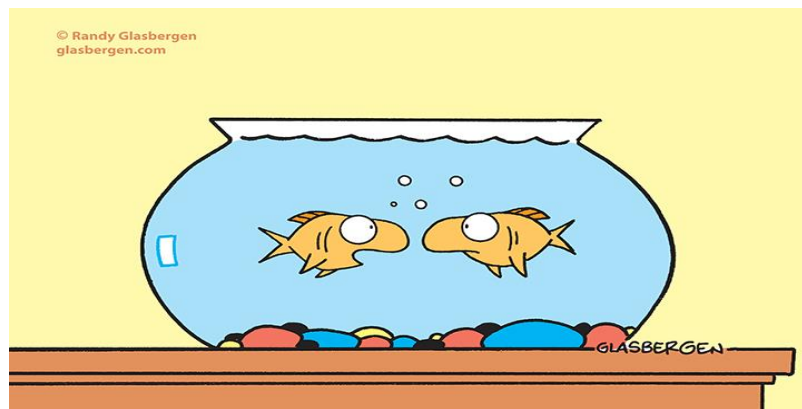
“DessertS”

“Stressed spelt backwards is desserts...coincidence? I think not!” When I came across this anonymous quote, it briefly justified the actions that many of us take when stressed, eating junk food! Although chocolate and ice cream may temporarily make things better, it is healthier to think of the other ways we can reduce stress in our lives. What better month to do this than April, National Stress Awareness month!

The last two years of have been an obvious source of stress for the entire world, but even prior to these events stress has been present in our lives and will continue to be. Some of these stressors are caused by a sudden circumstance like an illness, whereas others can be a longstanding issue like a family disagreement. Whatever the source, it is important to recognize how stress affects our well-being and what we can do to help manage. Physical symptoms of stress can include headaches, upset stomach and insomnia. In addition, one may have cognitive symptoms such as moodiness, inability to focus and forgetfulness. The way we experience stress differs and therefore the way people choose to manage it may vary.

The National Alliance on Mental Illness offers suggestions on how to manage stress and they include daily exercise, practicing relaxation techniques like meditation and deep breathing and taking the time to talk to someone (professional or a close friend). They also offer resources on their website www.nami.org. There are creative options that may help limit stress as well. Adult coloring, gardening and music are great options (and conveniently offered here at the center). Talent is not a factor!

“Laughter is the best medicine” is a phrase many of us have heard. If you cannot get to a live comedy show, countless television programs, online videos, cartoons and “memes” may bring a smile to your face during a challenging moment. Here is one for today...



“You’ve been awfully tense lately. They say petting a cat is a great way to relieve stress!”

From the Desk of Darlene Dawson

Benefits Coordinator ddawson@sbtnj.net 732 329-4000 x7676

Property Tax Reimbursement Program

The Property Tax Reimbursement Program- reimburses eligible senior citizens and disabled persons for property tax increases. The amount of the reimbursement is the difference between the amount of property taxes that were due and paid for the "base year" (the first year that you met all the eligibility requirements) and the amount due and paid for the current year for which you are applying for the reimbursement, provided the amount paid for the current year was greater.

You must meet all the eligibility requirements for the base year and for each succeeding year, up to and including the current year to qualify for the reimbursement.

For 2020 and 2021, you must have been age 65 or older or receiving Federal Social Security disability benefits; **and**

1. You have lived in New Jersey continuously since December 31, 2010, as either a homeowner or a renter; **and**
2. You have owned and lived in your home (or have leased a site in a mobile home park on which you have placed a manufactured or mobile home that you own) since December 31, 2017 or earlier **and** still lived in that home/leased the site on Dec. 31, 2021.
3. You have paid the full amount of property taxes or (site fees paid if you are a mobile home owner) that were due on your home for 2020 by June 1st of 2021, and the 2021 property taxes must be paid by June 1, 2022. **and**
4. You meet the [income limits](#) for the base year and for each succeeding year, up to and including the year for which you are claiming the reimbursement.
5. For 2020:\$92,969 or less **and** For 2021:\$94,178 or less. These limits apply regardless of martial/civil union status.

Eligible applicants: Deadline to file the 2021 Property Tax Reimbursement Application is **October 31, 2022.**

To receive an application, call the PTR Hotline: 1-800-882-6597.



Penn Medicine
Princeton Health

Penn Medicine Princeton Health is proud to partner with the South Brunswick Wellness Center to provide you with convenient access to medical care, lab services, community education and physical therapy.

Lab/Phlebotomy Services:

Tuesdays from 8:00 AM- 12 Noon walk ins only

Physical Therapy: By appointment 609.497.2230

Primary Care- Dr. Jose C Vagario By appointment 609.395.2470

Community Education- 888.897.8979

Call (888) 897-8979 To Register For Penn Med's Lectures

Oh No! Gotta Go!:Urinary Incontinence- Thursday, April 14th 10:00am

Are you suffering from uncontrolled urinary leaks on your way to the bathroom, during physical activity, or when you sneeze? Are you tired of wearing bladder protection "pads" or fearing social activities due to the lack of a nearby bathroom? Join pelvic rehabilitation specialist, Dr. Shalay Foster, for this lecture on Urinary Incontinence. She will go over what urinary incontinence is, it's causes, and practical ways to manage these symptoms, including pelvic floor physical therapy.

AARP Driver's Program- Friday, April 29th 9:am – 3:00pm

The techniques learned in this course could result in a reduction in insurance premiums (consult your insurance company for details), and New Jersey drivers may be eligible to have up to two points removed from their driving record. Participants will learn: defensive driving techniques; new traffic laws and rules of the road; how to deal with aggressive drivers; how to handle potential problem situations such as left turns, right-of-way, interstate highway traffic, trucks, and blind spots; and how to safely use anti-lock brakes and safety belts. You must be 18 years of age or older and have a valid driver's license to be eligible for this course. You do not need to be a member of AARP to attend. Upon completion of the course, you will receive a certificate to send to your insurance company. This course will be presented by an AARP instructor.

Blood Pressure Screening- Tuesday, April 19th 10am – Noon
(No appointment needed)

April Recipe Card

April is National Pecan Month!



Astronomy Addiction

Astronomy addiction,
a stellar condition.
Exploration to the stars!

Stargazers crave more,
childhood dreams soar.
Will we one day live on Mars?

Torrid, blazing solar light
beaming through
the starry night
sharing heat
with tender Earth.

Celestial shine,
a glass of cosmic wine.
Astronomy imparts
such wondrous mirth.

Andee Sherwood

Recipe for: Candied Pecans By Alix

From the kitchen of: allrecipes.com

Ingredients:

- 1 cp white sugar
- 1 tspn ground cinnamon
- 1 tspn salt
- 1 egg white
- 1 tbpsn water
- 1 pound pecan halves

Prep: 10 mins.

Cook: 1 hour

Total: 1 Hr 10 min

Servings: 10

Yields: 10 servings

Directions: Enjoy!!

- Preheat oven 250°
- Mix sugar, cinnamon and salt together in a bowl.
- Whisk egg white and water together in a separate bowl until frothy. Toss pecans into egg white mixture
- Mix sugar mixture into pecan mixture until pecans are evenly coated.
- Spread coated mixture onto a baking sheet.
- Bake in oven, stirring every 15 minutes until pecans are evenly browned, 1 hour.

***Nutrition Facts:** per serving 393 calories, protein 4.5g, carbohydrates 26.5g, fat 32.7g, Sodium 238.2 mg

April is also National Poetry Month
and
National Astronomy Month

Fun Facts of April

- It is the second month of Spring.
- It is a time of planting and spring cleaning.
- In the Southern Hemisphere, April is the same as October in the Northern Hemisphere.
- The diamond of April symbolizes innocence.
- The Boston Marathon is held during April.
- In Ancient Rome the month of April was sacred to the goddess Venus.
- The Japanese fiscal year for most businesses starts on April 1st.
- The arrival of the cuckoo bird in April is a signal that spring has arrived. In England there are many cuckoo festivals.
- April is the month when the professional baseball season begins in the United States.

Senior Center General Information

Senior Center Hours: Monday - Friday 8:30am - 4:30pm

Phone #: 732-329-4000 x7670 -- 732-438-0918 (rotary phones)

Website: www.southbrunswicknj.gov (Click Departments, then Senior Center)

Membership: FREE Become a member by filling out a registration form, a Covid-19 Waiver form and show proof of residence and age. If you have a family member living with you for at least 4 months, they are welcome to become a member.

Meals: We are a congregate meal site for Middlesex County. For a delicious hot meal, call Jodi or Mary at 732-329-6171. Lunch served at 11:30 am, Monday to Friday, must be 60+. Please call by noon one day ahead for reservations.

Meals on Wheels: Suggested donation: \$2.75. Please call if you need home delivery.

Transportation Department - (Located In The Senior Center)

* Bus pass required (50 cents each way). Purchase a \$10.00 (or more) pass.

Wheelchair Accessible Buses

* Reservations are required and should be scheduled no later than 3:45 pm for the next day pick up in order to be brought to the Senior Center, food shopping, weekly trips or on the errand shuttle. Please call for Medical transportation with as much notice as possible. AM pick up to come to the senior center and return at 1:30 PM and/or 3:15 PM

* To cancel "Same Day Service" call (732)-329-4000 x7363 by 8:30 am; leave a message, provide name, address, phone number, and reason for call. Please see the transportation calendar for details.

Staff Directory

To reach our staff members call (732) 329-4000, followed by their extension.

After hours please leave a voicemail. Fax 732.438.9826

Caryl Greenberg - Director, Office on Aging.....	x7682	cgreenbe@sbtnj.net
Dawn Neglia, Social Worker	x7212	dneglia@sbtnj.net
JillAnn Foxxe, Program Coordinator.....	x7675	jfoxxe@sbtnj.net
Darlene Dawson, Program Coordinator (Benefits)...	x7676	ddawson@sbtnj.net
Jackie Johnson, Admin. Secretary / Vol. Coord.....	x7677	jjohnson@sbtnj.net
Jasmine Aynilian, Main Office, Secretary	x7670	jaynilia@sbtnj.net
Steve Aker, Custodian	x7350	
After Hours/Weather Update	x7670	
Mimi Doria Transportation/Reservations	x7363	mdoria@sbtnj.net
Al Nardi/Transportation Supervisor	x7362	anardi@sbtnj.net

Meals on Wheels & Daily Meal Program:

Jody Kehayas, Site Manager (732) 329-6171 jody.kehayas@co.middlesex.nj.us



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Penn Medicine Princeton Health (888) 897-8979 Community Education
(609) 497-2230 Physical Therapy